

Aging & Disability Resource Center of Waukesha County

514 Riverview Ave
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

Website:

[www.waukeshacounty.gov/
adrc](http://www.waukeshacounty.gov/adrc)

After hours call

IMPACT 2-1-1

**211, (414) 455-1736,
or toll free 1-866-211-3380**

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900
(24/7Helpline)

www.alz.org/sewi

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The ADRC Connection

October 2014

Time To Review Your Medicare Plan!

Medicare's Annual Open Enrollment Period Provides Important Opportunity

Fall has arrived, and for Medicare beneficiaries, that means it is time to review your Medicare plan. Every year, insurance companies can change the premiums, deductibles and co-pays for their plans. They can even change the list of prescription medications that their plan will cover, known as the plan formulary. That means a plan that worked well for you in 2014 may or may not be the best plan for you in 2015!

The Annual Open Enrollment Period for Medicare Part D and Medicare Advantage Plans is **October 15 through December 7th**. Some people will let that time come and go without taking any notice. Yet this period of time provides Medicare beneficiaries with an important, once a year opportunity to make the most of their Medicare plan. It is a time to review your current plan, determine if it is still the best plan for you and if not, enroll in a new plan.

Medicare beneficiaries enrolled in a Part D plan or a Medicare Advantage Plan will be receiving an Annual Notice of Change from the insurance company, detailing all the changes to the plan. It is very important to read this notice. There also may be some plans that are terminating this year. If you received notice that your plan is terminating you will need to enroll in a new plan or you may find yourself without coverage.

The best way to objectively compare all of the Medicare Part D and Medicare Advantage Plan options is to use the "Plan Finder" on Medicare's official website, www.medicare.gov. The Plan Finder can be used by you or someone you know who is comfortable using the internet. Be sure to click on "Find Health and Drug Plans" on the [medicare.gov](http://www.medicare.gov) homepage to begin using the Plan Finder. By entering your zip code you will be sure to find plans available in your area. By entering your current medications and choice of pharmacy, the Plan Finder can calculate your estimated total cost for the year for each insurance option available.

If you do not have access to the internet (or a computer-savvy friend) you can receive non-biased assistance with plan comparisons through the Aging and Disability Resource Center of Waukesha County. The ADRC's Elder Benefit Specialists can provide this assistance with plan comparisons as well as free health benefits counseling services for Medicare beneficiaries. They can be reached at 262-548-7848.

Continued on next page.



But what about those who need a little more help? Now more than ever, many seniors are struggling to make ends meet. The Annual Enrollment Period may be a great time to review your financial situation to determine whether you may be eligible for one of the Medicare related programs designed to help seniors with low or limited income and assets.

“Medicare Savings Programs” can help individuals with Medicare related costs, such as the monthly Medicare Part B premium. That alone can provide savings of over \$100 per month. Another program, known as “Extra Help”, assists individuals with their prescription drug costs.

If your monthly income is less than \$1,458 (\$1,966 for a married couple) and your assets are less than \$11,940 (\$23,860 for a married couple) you may be eligible for one of these programs. Your home and car are not counted toward that asset limit.

The best advice this Fall: Don’t let the Medicare Annual Enrollment Period pass you by! If you have questions about Medicare programs or if you think you may meet the eligibility requirements for the programs listed above, contact the Elder Benefit Specialists at the ADRC of Waukesha County at 262-548-7848.

When Will Medicare Pay for Your Flu Shot?



Influenza, or flu, is a contagious illness that affects the respiratory system. Caused by a virus, symptoms include fever, chills, muscle aches, sore throat, headache, dry cough, and stuffy/runny nose. Pneumonia is another type of respiratory illness; the most common type is pneumococcal pneumonia. According to the Centers for Disease Control and Prevention (CDC), pneumonia and influenza together rank as the fifth most common causes of death for American Seniors. Vaccines are available to prevent both conditions. The CDC suggests that all seniors get the vaccines.

If You Have Original Medicare,

Flu vaccines are covered for people with Medicare Part B, if their health care provider accepts Medicare assignment. People with Medicare should not be charged a coinsurance or deductible for the flu vaccine. Flu vaccines can also be obtained from area pharmacies using your Original Medicare card.

If You Have a Medicare Advantage Plan,

Seniors must get their vaccine through their plan. Always check with your Advantage Plan for information on where to obtain your flu vaccine. People with a Medicare Advantage plan are sometimes charged a co-pay for the flu vaccine. Check with your plan for details.

However, it is a good idea to ask about whether there will be any cost to you wherever you get the vaccine.

You should get one flu vaccine per flu season. Medicare also pays for one vaccine to prevent pneumococcal pneumonia because this vaccine is usually given only once. The effects of this vaccine are long-lasting, unlike the flu virus, the pneumococcal bacteria does not change or mutate from year to year.

Getting one flu vaccine early in the season, October or November, is recommended, although flu season does usually last through April. You can also get the vaccine for pneumococcal pneumonia at the same time, which is a vaccine that is long-lasting, unlike the flu virus, and is also covered by Medicare. The vaccine provides protection within 1 – 2 weeks.

The flu vaccine is not a live virus, and cannot give you the flu. It is a safe and effective way to prevent the illness, in addition to protecting people around you from exposure to the flu.

The flu can be deadly for anyone, particularly older adults – data shows that deaths from influenza range from 3,300 to 48,600 annually in the U.S.

Prevention is best – avoid those who have the flu/flu symptoms, wash hands frequently, and seek medical advice quickly if flu symptoms appear. And of course, get the vaccine!





SEASONAL ACHES AND PAINS

Those lazy days of summer have ended..."

... and now the upcoming seasons and the chores that go hand in hand may have an impact on how you feel. Whether its raking leaves, shoveling snow, or cleaning out the garage, the change of seasons often results in physical labor, and your muscles may be strained if you are not prepared.

Fortunately, with some attention to how these activities are done, the impact may be minimal, and the exercise is beneficial. Some tips to help keep you from injuring yourself:

For those who are not sure of their physical capabilities or who have a medical condition like heart disease or COPD , it is important to consult a physician before attempting these outside activities.

Raking and shoveling are demanding physical activities. **Warm up and stretch before any activity.** In addition, wear protective gloves and goggles if needed; wear shoes or boots with good traction to prevent slipping to reduce any accidental falls.

Using proper form and equipment will prevent injuries. Any repetitive activity or heavy lifting needs proper lifting mechanics. Raking, lifting, and controlling heavy loads of leaves puts stress on the upper back, hips, and knees. In addition, gripping yard tools can result in tendon and elbow soreness. Minimize excessive rotating and twisting of the body, and keep the knees bent while moving leaves.

The average shovelful of snow weighs 5-7 pounds. In the course of clearing your driveway you can move several hundred pounds of snow! Pick the right shovel such as an ergonomic snow shovel to help take some of the effort out of snow removal. Using a smaller, more lightweight plastic blade to help reduce the amount of weight you are moving can help.

Keep your core engaged. Use your legs to provide most of the power when lifting to protect your spine. Lift with a straight back and do not hold your breath as you lift – **exhale** with exertion.

CONSIDER A LEAF BLOWER AND/OR SNOW BLOWER TO MINIMIZE REPETITIVE STRESS ON YOUR BODY.

If these chores are more than you can safely do consider hiring a service or neighbor to assist you. If finances are a concern look into an exchange of services with friends or neighbors. Many elders can help with after school childcare or baking as barter.



From Esther Jensen Community Health Educator Waukesha County Public Health Division

Upcoming class schedule

Evidence Based Health Promotion Program

Healthy Living with Diabetes

Mondays, October 20th – November 24th (6 weeks)

2:30 pm – 5:00 pm

Location: ADRC of Waukesha County
Health and Human Services Building
514 Riverview Ave
Waukesha, WI 53188

Contact: Lee Clay (262) 548 -7848

Cost: Donation appreciated (\$20 book deposit)



From the Desk of Your Benefit Specialist

Help with Medicare Prescription Drug Costs: The Low Income Subsidy

People on Medicare who have low income and assets may qualify for the Low Income Subsidy, also known as “Extra Help”. The Low Income Subsidy (LIS) provides a variety of benefits. People with the lowest incomes receive the most benefits. The benefits can include payment of Part D prescription drug premiums, deductibles, and co-pays, depending on the person’s income and assets.

People who are on Medicaid programs such as EBD Medicaid, the Deductible program, the Medicare Savings Program, and MAPP, for example, are automatically eligible for the Low Income Subsidy. People in this category receive full benefits, which includes premium payment, no deductible, and drug co-pays of just \$1.15 for generic drugs and \$3.50 for brand name drugs. Some other eligibility categories:

Income less than 100% of the Federal Poverty Level (FPL)

In 2014: \$972.50 per month for an individual or \$1,310.83 for a couple with assets less than \$8,660 for an individual and \$13,750 for a couple. Benefits include: premium payment, no deductible, and drug co-pays of just \$1.15 for generic drugs and \$3.50 for brand name drugs.

Income between 100% and 135% of the Federal Poverty Level (FPL)

In 2014: income between \$972.50 and \$1312.88 for an individual or \$1,310.83 and \$1,769.63 for a couple, assets must be less than \$8,660 for an individual and \$13,750 for a couple. Benefits include premium payment, no deductible, and drug co-pays of just \$2.65 for generic drugs and \$6.60 for brand name drugs. If income levels are in this range, but assets are less than \$13,440 for an individual or \$26,860 for a couple, a partial subsidy may be available.

Income between 135% and 150% of the Federal Poverty Level (FPL)

In 2014: income between \$1,312.88 and \$1,458.75 for an individual or between \$1,769.63 and \$1,966.25 for a couple. Assets must be less than \$13,440 for an individual and \$26,860 for a couple. This level of income and assets qualifies for a Partial Subsidy. Benefits include: premium payment, deductible of \$66, and a 15% coinsurance up to the Out of Pocket threshold.

This is general information. For information about eligibility and benefits based on your particular circumstances, please contact the local Social Security Office or ADRC. If your income and assets are close to the amounts listed, it is still worth applying for benefit. If you do not qualify, you will be denied.



Brookfield Senior Dining

Greetings from the Brookfield Senior Dining Center! We are located in the Brookfield Community Center, 2000 N. Calhoun Road. Our location within the Community Center makes joining us for lunch as natural as participating in one or many of the wide variety of activities offered on a daily basis. Whether you stay for lunch after exercise class, before playing cards or Bingo, or just come for our version of "Food-Fun-Fellowship", we look forward to welcoming YOU!

We recently celebrated the 100th birthday of one of our diners. Joining us for this special occasion was the Mayor of Brookfield, Steve Ponto and the Nutrition and Transportation Supervisor for Waukesha County, Mike Glasgow. We love to celebrate birthdays!

Once a year we have a specially catered event. This special occasion is coming upon us very fast. Please join us on October 8th for our Wild West luncheon. Entertainment will be provided by “KG and the Ranger” and a traditional BBQ Brisket will top off the menu. Dust off those 10 gallon hats, polish up those spurs and join us. Reservations are required for lunch. Please call us at 782-1636 or our main office at 548-7826 by noon on October 7th.

We serve lunch Monday through Friday and look forward to seeing you. Please make a reservation to come and join us.

Virginia, Brookfield Senior Dining Manager





Ask INA



Dear INA,

My mother has Medicare and is in need of a hospital bed at her home, does Medicare cover that?

Thank you, Concerned Daughter



Dear Concerned Daughter,

If your mother has Original Medicare, Part B covers durable medical equipment, like a hospital bed. Her doctor, nurse practitioner, physician's assistant, or clinical nurse specialist needs to prescribe it for her to use in her home.

Medicare only covers durable Medical equipment if you get it from a supplier enrolled in the Medicare program. The supplier should know whether Medicare allows her to buy a particular kind of durable medical equipment or just pays to rent it. Fitted items may be required purchase, for example: some power wheelchairs and infusion pumps. Be aware Medicare is phasing in a program called competitive bidding which means in some areas, if you need certain items, you must use specific suppliers, or Medicare won't pay for items and you would likely pay full price.

Medicare pays 80% of a Medicare approved claim for durable medical equipment, your mom will be responsible for the remaining 20% of the cost. The approved claim is the amount a provider or supplier that accepts Medicare assignment can be paid. Depending on the type of equipment, she may need to rent the equipment, buy the equipment, or may be able to choose whether to rent or buy the equipment.

If your mother has a Medicare Advantage plan (like an HMO or PPO) that plan must cover the same items and services as Original Medicare. The costs will depend on which plan she is on. If she is on an Advantage Plan, and she needs durable medical equipment, call her plan to find out if the equipment is covered, how much she will have to pay, and where to obtain the item.

To get more information on Medicare and durable equipment coverage, please go to www.medicare.gov or call 1-800-633-4227. You will find a listing there of what is covered and frequently asked questions. The Department of Health and Human Services website Centers for Medicare and Medicaid has a handbook.

All information taken for this article was from DHHS, Centers for Medicare and Medicaid and Medicare.gov.



October 15th is White Cane Safety Day

The year was 1963 when the National Federation of the Blind called upon governors from each of the 50 United States to declare October 15 as White Cane Safety Day, and their rallied efforts paid off. By 1964, White Cane Safety Day was designated to the 15th, and that is where it has stayed ever since. During that time period there were few citizens aware of the daily struggles of a visually impaired person, however, in the years to come that would change.

The blind and visually impaired have used canes for centuries as mobility aides, however, it wasn't until after World War I that the white cane was properly introduced. The tool is still widely used today, although there are a multitude of variations to fit individual needs.

Local organizations such as the Lion's Club and the National Federation of the Blind hold activities such as walks, picnics and meetings to remind people of this day and its significance in the society, reminding all to use caution and yield to a blind or visually impaired person who is using a cane or any other mobility aid.



Pumpkin Pleasantries

Now that fall is here, we see a lot of pumpkins. In October, we carve them into jack-o-lanterns. In November, we make them into pies for Thanksgiving. This large orange squash has traveled a long way through history to become a part of our fall traditions!

What's in a Name? From Pepon to Pumpkin

Early October is the best time to go to the pumpkin patch. If you lived in Greece in 800 BC you would pick "pepons!" Today, what we call a pumpkin was first called a pepon in Greek. In France they began to call the "pepon" a "pompom." Then in England the "pompom" became a "pumpion."

Jack-o-Lanterns: The Faces of Halloween

Can you think of the first pumpkin you carved? Or the first time you reached inside the slimy pumpkin to pull out its seeds? The end result of carving was a spooky jack-o-lantern to scare off trick-or-treaters! In countries like England, Scotland and Ireland, people would carve out many different vegetables to use as lanterns. Today in America we use the pumpkin to light the way on Halloween!



Pick the Pumpkin!

With all the benefits that pumpkin has to offer, you won't want to miss out on it this fall! The vitamin C in pumpkin can help boost your immune system and may also help protect against cancer. Pumpkin is also a rich source of vitamin A. Vitamin A gives us strong eyes, and helps reduce the risk of heart disease and cancer.

Pumpkin on Your Plate

Though the pumpkin has been on a long journey through history, one thing remains the same: pumpkin is packed with vitamins and other nutrients. Experts recommend that we eat 4 cups of orange or red colored vegetables each week! Add some "orange" to your meals by mixing a tablespoon of mashed or pureed pumpkin into your oatmeal, or make a pumpkin stew with pumpkin and some other fall vegetables. To save time and money, you can purchase canned pumpkin at your local grocery store!

Information on pumpkin history provided by the History Channel "Pumpkin Facts" at www.history.com.



Nutrition Education Program

515 W. Moreland Blvd., Administration Center Rm G22
Waukesha WI 53188
Phone: 262-548-7877 Fax: 262-548-7787
Para más información en español comuníquese con: 262-548-7789
<http://waukesha.uwex.edu>

WAUKESHA COUNTY SENIOR DINING CENTERS

Brookfield – 782-1636 – Virginia Brookfield Community Center 2000 North Calhoun Road Monday thru Friday at 12:00	Mukwonago – 363-4458 - Anna Birchrock Apartments 280 Birchrock Way Monday thru Thursday at 12:00	Oconomowoc – 567-5177 – Penny Oconomowoc Community Center 220 West Wisconsin Avenue Monday thru Friday at 12:00
Butler – 783-5506 – Pam Hampton Regency Apts 12999 West Hampton Avenue Monday thru Friday at 11:45	Muskego – 679-3650 –Jack Muskego City Hall W182 S8200 W182 S8200 Racine Avenue Monday, Wednesday, Friday at 11:45	Sussex – 246-6747 –Nick Sussex Community Center. W240 N5765 Maple Avenue Monday thru Friday at 12:00
Hartland – 367-5689 –Peggy Breezewood Village Apts 400 Sunnyslope Drive Monday, Wednesday, Friday at 12:00	New Berlin – 784-7877 – Betty National Regency Retirement Community 13750 West National Avenue Monday thru Friday at 12:00	Waukesha – 547-8282 – Christina La Casa Village 1431 Big Bend Road Monday thru Friday at 12:00
Menomonee Falls – 251-3406 Diane Menomonee Falls Community Center W152 N8645 Margaret Road Monday thru Friday at 12:00	Eligibility: Persons 60 years and older For reservations, call the dining center before 12:00 one working day in advance, or the office at (262) 548-7826. Transportation may be available by taxi or Rideline, for \$1.00 each way.	

AGING AND DISABILITY RESOURCE CENTER OF WAUKESHA COUNTY
SENIOR DINING AND HOME DELIVERED MENU October 2014

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<p><i>PLEASE NOTE: MENU MAY BE SUBJECT TO CHANGE; 1% MILK INCLUDED</i></p> <p>ALT= LOW SUGAR ALTERNATIVE <i>Menu subject to change without notice</i></p>		<p>Oktoberfest Beef Rouladen With Stuffing Mashed Potatoes Gravy Sauerkraut Bread/Butter German Choc Cake Alt. Plain Cake</p>	<p>Baked Ham Sweet Potatoes Broccoli Florets Dinner Roll w/ butter Cherry Gelatin Alt. Diet Gelatin</p>	<p>Italian Meatloaf Baked Potato Sour Cream/Butter Vegetable Blend Bread/Butter Peach Cobbler Alt. Diet cookie</p>
6	7	8	9	10
Chicken Alfredo w/ Broccoli Alfredo Linguine Spinach Salad w/ dressing Garlic Bread Ice Cream Alt. Diet Cookie	Hamburger on a bun w/ mustard and ketchup Potato Salad Coleslaw Lemon Bar Alt. Vanilla Wafers	Lemon Chicken Rotini noodle w/ Sauce Crinkle Cut Carrots Dinner Roll / Butter Mandarin Oranges Dessert Bar Alt. Diet Cookie	Roast Pork w/ gravy Rice Pilaf California Blend Veg Bread w/ butter Fresh Cut Melon Chocolate Pudding Alt. Diet Pudding	Hot Turkey and Gravy Mashed Potatoes and gravy Whole Kernel Corn Bread/Butter Frosted Yellow Cake Alt. Fresh Fruit
13	14	15	16	17
Baked Ham Scalloped Potatoes 5-way Mixed Vegetable Seven Grain Bread Butter Cinnamon Applesauce	Tuna Salad Sandwich on Croissant w/ Mustard Lettuce Leaf / Tomato Three Bean Salad Peach Half Sugar Cookie Alt. Plain Cookie	Jumbo Hot Dog on Bun ketchup/mustard Baked Beans Potato Salad Fresh Apple Cherry Pie Alt. Lorna Doone	Chili w/ cheese & onions Saltine Crackers Romaine Tossed Salad w/ Dressing Biscuit w/Butter Peaches Peanut Butter Bar Alt. Angel Food Cake	Pork Stir Fry over Brown Rice Soy Sauce Oriental Vegetables Dinner Roll w/Butter Pineapple Frosted White Cake Alt. Plain Cake
20	21	22	23	24
Cabbage Roll Noodles w/ butter Green & Wax Beans Bread w/ butter Pear Halves Rice Krispies Treat Alt. Applesauce	Chicken Breast in Mushroom Sauce Baby Red Potatoes Winter Blend Vegetables Dinner Roll/Butter Chocolate Mousse Alt. Diet Pudding	Roast Pork w/ gravy Mashed Potatoes w/ gravy Sweet & Sour Red Cabbage Applesauce Marble Rye Bread Apple Strudel	Taco Casserole Spanish Rice w/ sauce Stewed Tomatoes Grapes Sweet Cornbread Muffin Alt. Lorna Doone	Crab Pasta Salad Marinated Vegetable Salad Bran Muffin/Butter Fresh Orange Choc. Chip Cookie Alt. Diet Cookie
27	28	29	30	31
Roast Beef Mashed Potatoes Gravy Broccoli Salad Dinner roll/Butter Chocolate Chip Cookie Alt. Diet Pudding	Whole Wheat Spaghetti with Meat sauce Italian Green Beans Breadstick/Butter Tropical Fruit Pound Cake Alt. Angel Food Cake	Ring Bologna Ketchup/Mustard Parsley Boiled Potatoes/Butter Baked Beans Bread/Butter Gelatin Fluff Alt. Diet Gelatin	Garlic and Herb Chicken Breast Mashed Sweet Potatoes Green Peas Bread/Butter Fresh Fruit	<p>HALLOWEEN</p> Goblin Grape Juice Spooky Sloppy Joes on Booish Bun Pirate Pasta Salad Creepy Carrot Coins Trick or Treat Pumpkin Bars

Caregiver Corner

Holiday Stress Reducing Strategies for Caregivers

The holiday season is approaching. Starting with Halloween, many of us amp up for the traditions and gatherings of the season. It is a very busy time, and we often must remind ourselves how helpful it can be to pause for a moment and plan for what is to come. Holiday stress can be greatly reduced for all of us through setting realistic expectations, planning, taking time to rejuvenate yourself, and letting others help. This is especially true for families living with dementia. A few tips to help keep the holidays cheerful for all include:

Keep your loved one involved. While maintaining your normal daily routine, include activities related to the holidays that are meaningful to each of you. These activities could be baking, decorating, wrapping presents, polishing the menorah, reading holiday stories, reviewing photo albums of past holidays. Be careful with decorations. Some Halloween costumes or decorations may be frightening to someone with memory impairment. Different lighting, such as blinking lights or Jack-O-Lanterns, can be confusing to them.

Familiarize guests with the changes your loved one is experiencing including memory and behavior. Help guests to understand that these changes are part of a disease process, not intentional actions of the person. This will help to reduce the emotional response guests may experience related to realizing the changes first hand.

Adjust traditions or expectations to be reasonable given the needs of you and your loved one at this time. For instance, change the holiday dinner to a brunch if evening confusion and agitation are a concern, let others contribute, ask for help and be specific about what you need, have a potluck rather than a meal put on by you, keep gatherings smaller, and plan for rest periods. Be flexible and plan for possible adjustments to the plan.



Looking to Volunteer?

Are you looking for an opportunity to give back to your community and help a senior? The ADRC is looking for home delivered meal drivers in the city of Waukesha. Home delivered meal drivers deliver meals to home bound seniors over the lunch hour from 11:00-1:00. Drivers are reimbursed for their gas mileage. Help out once a week or twice a month.

If interested call 262-548-7829 or consult the volunteer tab on our website at www.waukeshacounty.gov/adrc



OCTOBER is NATIONAL DISABILITY AWARENESS MONTH.



"Expect, Employ, Empower" is the official theme this year for National Disability Employment month. The annual celebration of Disability Employment Awareness Month (NDEAM) is to heighten awareness and recognize the contributions of Americans with disabilities in both of our workforce and our society.

NDEAM is led by the U.S. Department of Labor's Office of Disability Employment Policy (ODEP), but its true spirit lies in the many observances held at the grassroots level across the nation every year. The Campaign for Disability Employment encourages organizations of all sizes and in all industries to participate in NDEAM.

NDEAM traces its history to 1945, when Congress declared the first week in October each year as National Employ the Physically Handicapped week. In 1962 the word "Physically" was removed to acknowledge the employment needs and contributions of individuals with all types of disabilities. Twenty five years later, Congress expanded the week to a month and changed the name to National Disability Employment Awareness Month.

In 2013, according to the US Bureau of Labor Statistics 17.6 percent of persons with a disability were employed. In contrast the employment for those without a disability was 64.0 percent. The unemployment rate was for those with a disability were 13.2 percent in 2013. The rate for persons with no disability is 7.1 percent.

In 2013, 34 percent of workers with a disability were employed part-time, compared with 19 percent of those with no disability. Fifteen percent of workers with a disability were employed in federal, state, or local government. Employed persons with a disability were more likely to be self-employed than those with no disability.

The Division of Vocational Rehabilitation (DVR) is part of the State of Wisconsin Department Workforce Development. They are here to help a person find a job or keep your job.

You are eligible for DVR services if you have a disability and need DVR services to deal with your limitations. After you apply for services, they have 60 days to determine eligibility. All of your information is confidential. When DVR can not serve everyone, there is a waiting list. You have a right to choose your job goal and there is no charge for evaluation, counseling, job development and placement or post-employment services. There is a number to call if you disagree with a decision DVR has made. Make sure you contact DVR once a month and if you will miss a meeting. When you have received the services and reached your job goal, your case will be closed.

Information taken for article by: Disabled World, www.bls.gov/news.release/disabl and State of Wisconsin DWD: Vocational Rehabilitation.



Elections are Coming

Midterm elections are around the corner. In many communities you can vote early at the town or city hall. You can get an absentee ballot. You can also vote on Election Day at your designated polling place. All polling places and government buildings are required to be accessible so a disability should not keep you from voting as you want. It is also now required that you have a valid picture id to vote.

To be eligible to vote you must

- ⇒ Be a **U.S. citizen** on the day of registration.
- ⇒ Be at least **18 years old** on or before Election Day.
- ⇒ Be a **resident of Wisconsin** and live in the election district for at least ten days before Election Day.
- ⇒ Not be a convicted felon with unrestored voting rights.
- ⇒ Not lost the right to vote because of a mental disability. A person can lose the right to vote because of a mental disability for two reasons:
 - 1- He/she has been judged by a court as incompetent and been appointed a guardian. Some people lose the right to vote when a guardian is appointed simply because no one thought about letting them keep the right to vote. A person with a guardian can ask the court at any time to restore any right, including the right to vote.
 - 2- He/she has been found by a court to be unable to understand the voting process. Anyone in the municipality where the person lives can ask the court to make this finding. This order only affects a person's voting rights.

Information You Need to Register to Vote

- ⇒ When you register to vote you will need to complete a **Voter Registration Form** and provide the following information:
- ⇒ **Full legal name** (last, first and middle)
- ⇒ **Date of birth**
- ⇒ **Valid picture ID, driver's license or State ID**
- ⇒ **Proof you live in the district.** Identification you can use would be a Wisconsin driver's license, utility bill, credit card or other identification with your current address. If you don't have written proof, bring a friend (with identification) who lives in the same voting district. This person can serve as a witness to verify your address.
- ⇒ **Telephone number**
- ⇒ You will need to **sign and date** the form indicating you meet the qualifications to vote. If you are unable to complete and sign the form yourself, you must provide the name, address and telephone number for the person assisting you.

If you are an eligible voter, you have the following rights

- ⇒ To be treated with respect at a polling location
- ⇒ To cast a private ballot.
- ⇒ To have someone help you cast your ballot (unless they are your employer or union representative).
- ⇒ To vote by absentee ballot.
- ⇒ To vote curbside if the polling location is not accessible.
- ⇒ To ask for accommodations if you need them.
- ⇒ To receive accessible voting instructions and registration materials.
- ⇒ To file a complaint if you feel your rights have been violated.
- ⇒ To receive accessible voting instructions and registration materials.
- ⇒ To file a complaint if you feel your rights have been violated



Please join us Friday, October 10, for “Memory Changes: What is Normal and What is Not.”

This free half-day program is from 8:30 to noon at Shorehaven Center for Life Enrichment, Roehl Auditorium, at 1306 W. Wisconsin Ave. in Oconomowoc

It features staff from the Alzheimer's Association and a ProHealth Care physician who will help you develop a better understanding of brain health, age-related memory changes, memory loss, dementia and Alzheimer's disease. You'll enjoy a complimentary continental breakfast and interact with people who like you are seeking information to better understand this topic. **Registration is required. To register, visit ProHealthCare.org/Classes or call 262-928-2745. Please specify desired sessions.**

8:30 a.m. - 9:30 a.m. “Nourish Your Noggin”

Program's focus is on understanding how memory works, what is normal and what is not.

9:45 a.m. - 10:45 a.m. “What's It Like?”

Using exercise and discussion, we will explore what it might be like to have the disease.

11:00 a.m. - Noon “Treatment of Alzheimer's Disease and Its Associated Behavioral Changes”

Learn about the behavior changes associated with Alzheimer's and latest developments in treating the disease.

10 Early Signs and Symptoms of Alzheimer's

1 Memory loss that disrupts daily life

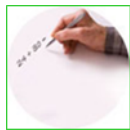


One of the most common signs of Alzheimer's, especially in the early stages, is memory loss, such as forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over; increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

What's a typical age-related change?

Sometimes forgetting names or appointments, but remembering them later.

2 Challenges in planning or solving problems



Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

What's a typical age-related change?

Making occasional errors when balancing a checkbook.

3 Difficulty completing familiar tasks at home, at work or at leisure



People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

What's a typical age-related change?

Occasionally needing help to use the settings on a microwave or to record a television show.

4 Confusion with time or place



People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

What's a typical age-related change?

Getting confused about the day of the week but figuring it out later.

5 Trouble understanding visual images and spatial relationships



For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving. In terms of perception, they may pass a mirror and think that someone else is in the room. They may not recognize their own reflection.

What's a typical age-related change?

Vision changes related to cataracts.

6 New problems with words in speaking or writing



People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").

What's a typical age-related change?

Sometimes having trouble finding the right word.

7 Misplacing things and losing the ability to retrace steps



A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

What's a typical age-related change?

Misplacing things from time to time, such as a pair of glasses or keys, and retracing steps to find them.

8 Decreased or poor judgment



People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.

What's a typical age-related change?

Making a bad decision once in a while.

9 Withdrawal from work or social activities

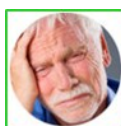


A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.

What's a typical age-related change?

Sometimes feeling weary of work, family and social obligations.

10 Changes in mood and personality



The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

What's a typical age-related change?

Developing very specific ways of doing things and becoming irritable when a routine is disrupted.



“Halloween”: A History

Halloween invokes visions of candy, costumes, parties with haunted themes, jack-o-lanterns and scary stories. The modern Halloween Holiday is much changed from its original Celtic festival roots celebrating an end and a beginning. The name Halloween comes from the All Hallows' Evening or Hallowe'en, or All Hallows' Eve.



Pre-Christian, the Celts were a group of people in Western Europe. They practiced specific cultural traditions and occupied southern Poland, Austria, Germany, and Czechoslovakia. The Celts divided their year into four periods with the year coinciding with November 1 on our present calendar. This date marked the beginning of winter and the New Year. During that time they observed the festival *Samhain* (pronounced Sah-ween; Sow-win). This was the most significant festival of the year to the Celtic peoples, representing the time when all the souls of those who died during the year could pass through to the afterlife. The Celts believed that on October 31st, the night before the New Year, the boundaries between the worlds of the living and the dead overlapped allowing them to inter-mingle. *Samhain* celebrated the end of harvest and the Celts would take stock of supplies and gather livestock from the pastures. They would light bonfires to honor the deceased and guide them on their journey. Sacrifices of fruits and vegetables, and animals were offered and masks and costumes were worn to mimic or appease evil spirits in an attempt to ward them off and keep them from wreaking havoc or spreading sickness.

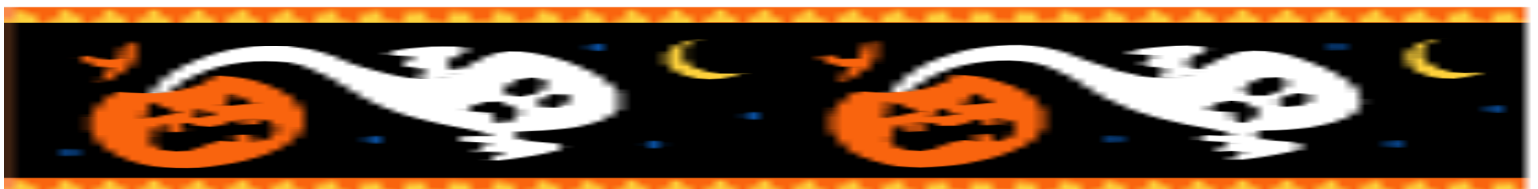


Christian peoples celebrated All Hallows Day as a day to celebrate all the Saints in heaven, both known and unknown. Traditionally celebrated on February 21, this day was moved to May 13 in the 7th century to replace the pagan festival of the dead. Later the date was changed to November 1 by Pope Gregory III during the time when pagan beliefs and rituals were being replaced with Christian ideals. All Saints Day was meant to draw devotion to Christianity and eradicate *Samhain*. In the 9th century All Saints Day had still not prevailed in replacing the old beliefs of *Samhain*. November 2 was designated as All Souls Day and celebrated as a day to honor and pray for the souls of the dead however, the ancient Celtic belief of October 31 being the night of the passing of the souls continued to prosper and be honored as the night when the dead wandered the Earth.

Today Halloween continues to be celebrated as a holiday for the living and the dead. All Hallows' Eve became Hallowe'en and eventually Halloween. Through the years of Christian conversion the ancient people continued to pacify the wandering dead who eventually became thought of as evil spirits, by setting out gifts of food and drink. Masks and costumes continued to be donned in an effort to trick the spirits and keep them away from the living. Through the years supernatural creatures became associated with Halloween and ballads and stories were invented and passed down through oral and written tradition. Modern activities of carving Jack-o-Lanterns and trick-or-treating evolved through story and celebration.

Halloween has become a popular activity outside of the United States. It can be seen celebrated in the United Kingdom, Ireland, Canada, and more recently has begun to make its way into Europe and some Middle Eastern Countries as well. Halloween has also begun to take on a more adult structure resembling Mardi Gras. Whether a child or an adult, how will you celebrate Halloween this year?

Information for article taken from Halloweenhistory.org, Library of Congress, the Holiday Spot, and DifferenceBetween.net



Muskego Senior Taxi

Reservation Line: (262) 679-4754

The Muskego Senior Taxi is a non-profit taxi service providing personal rides to Muskego area seniors aged 65 and older, and adults with disabilities age 18 to 65 who are receiving Supplemental Security Income (SSI) or Social Security Disability Income (SSDI). Muskego Senior Taxi provides service in Muskego, New Berlin, Tess Corners, Vernon, and Big Bend and will go to locations throughout southern Waukesha County into the city of Waukesha, Milwaukee County and northeast Racine County.



As a non-profit organization, Muskego Senior Taxi offers a community service to the area residents who are in need of transportation services. We partner with our communities, holding fundraisers and accepting donations and financial pledges to make this service available. Memorials are also often designated to the taxi program helping to make an impact in the areas we serve and securing the future of the service in the community.

Ride service is available to residents of Waukesha County who are ambulatory and can enter and exit a vehicle with little or no assistance. Our drivers are courteous and can help our riders with canes and walkers. Muskego Senior Taxi operates door to door so your driver will come to the outer most door of your pick up location, and will walk beside you to the outer most door of your destination. As a taxi service providing personal rides transportation is available to meet most needs. We provide service to medical appointments, grocery shopping, errands, personal services such hair and grooming appointments, and social and recreational needs including Potawatomi Casino and some festival sites. We can also provide noon-day transportation directly to and from City Hall for the Senior Dining program.

Rates for transportation services vary according to destination. For destinations within the immediate service area the one-way trip fare is \$9.00. Seniors and adults with disabilities that have a yellow shared-fare taxi card receive a discount of \$5.50 off their one-way trip cost making local rides available for only \$3.50 each way. Plus, if going directly to the Senior Dining site at City Hall, and directly returning home afterward, transportation will be only \$1 each way! Fares for rides outside the immediate service area range from \$11 to \$25 each way and are still eligible for the \$5.50 discount through the Waukesha County Shared-Fare Taxi program. Muskego Senior Taxi operates Monday through Friday from 7am to 5pm. Office hours for reserving rides are Monday through Friday 8am to 4 pm. Muskego Senior Taxi requires a minimum of 48 hours advance reservation for all rides, some trip destinations and times may need up to 2 weeks advance notice.

If interested in receiving more information on how to apply for a yellow, Shared-fare Taxi card contact Waukesha County Aging and Disability Resource Center at (262) 548-7848. More information on fares and availability can be received by calling Muskego Senior Taxi at (262) 679-4754.

“Someday” is Closer than You Think

For many people, “Someday” is an elusive day on the far-off horizon—always close enough to see, but too distant to touch.

Perhaps “Someday” you plan to go skydiving. Or enter a hot dog-eating contest. Maybe “Someday” you plan to ride a mechanical bull. Or travel around the world. Or visit all of America’s national parks.

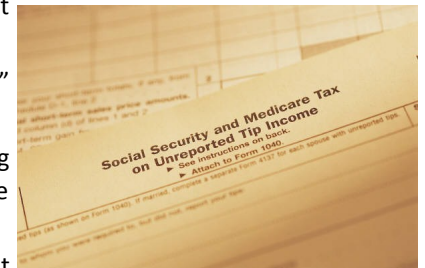
“Someday”, you may want to retire. If you are mid-career, “Someday”, you may need to start planning for retirement. Even if you are just now starting your career, “Someday”, you’re going to want to see what your future benefits will be and check your earnings for accuracy.

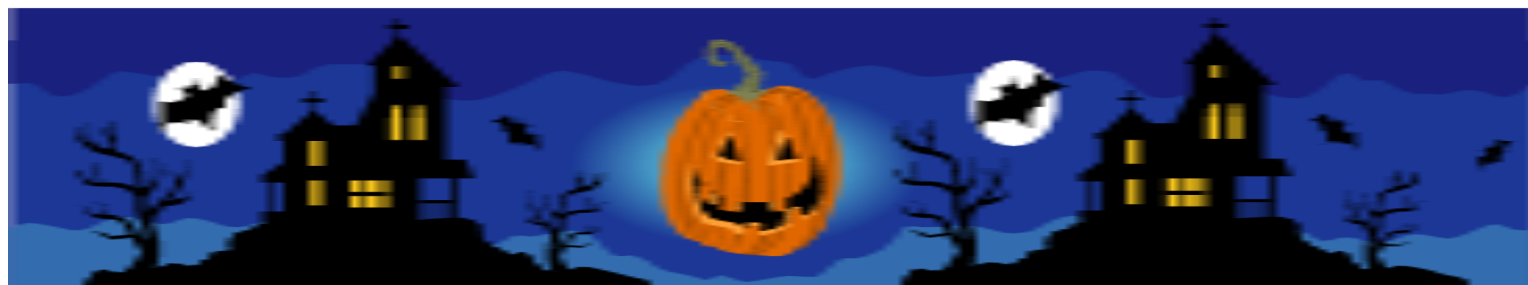
Well, get ready, because “Someday” has arrived. Open a *my Social Security* account at www.socialsecurity.gov/myaccount, and you’ll see what we mean.

Millions of people have already opened an account, taking advantage of the benefits of *my Social Security*. Why are so many Americans opening accounts? Because *my Social Security* is fast, easy, and secure. It’s a convenient way to check your earnings record, get up-to-date, personalized estimates of retirement, disability, and survivors benefits, and access your *Social Security Statement*. With a *my Social Security* account, you can plan for your retirement and get help figuring out how to save for your future. If you already receive benefits, you can manage them online by starting or stopping your direct deposit, changing your address, and getting an instant proof-of-benefits letter.

Someone opens a new account just about every six seconds. Considering there is only one skydive every 16 seconds, opening a *my Social Security* is even more popular!

That elusive “Someday” that you thought might never come is here now. You’ll find it at www.socialsecurity.gov/myaccount.





HALLOWEEN

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BLACK
 CARVING
 FRANKENSTEIN
 MONSTER
 OCTOBER
 SPIDER
 TRICKS

BROOM
 CHILDREN
 GHOST
 MOON
 ORANGE
 SPOOKY
 VAMPIRE

CANDY
 COSTUME
 GHOUL
 MUMMY
 PUMPKIN
 TREATS
 WITCH



Frankenstein Friday

Visions of the moaning, shuffling monster from the horror classic "Frankenstein" have been with most of us since childhood. In 1818, Mary Shelley created a character by the name of Victor Frankenstein - a lonely and unhappy scientist - who used his skills to create another human, piece by piece. We often refer to this creation as Frankenstein, although Victor never actually named his monster.

On the last Friday of October we celebrate Frankenstein Friday to honor the mad scientist and his creation who have both scared and delighted us for generations. This holiday was created by Ron MacCloskey of Westfield, New Jersey, in 1997 and it just so happens that Ron MacCloskey's home town of Westfield is also the home town of Charles Addams, who created another beloved classic, "The Addams Family."



Keep the memory of Frankenstein alive for generations to come by watching a Frankenstein movie or reading the book that started it all!

"If I cannot inspire love, I will cause fear."

-Victor Frankenstein



Shovel Snow for Someone You Know

Are you a family looking to help out a neighbor? Are you a large group looking for service hours? Are you an individual who wants to give back to your community? We need your help! We need energetic volunteers to prepare the homes of seniors and adults with disabilities in Waukesha County for winter. Sign up your family, congregation, community group or business for Fall Yard Clean Up today. You pick the day (between October 18 through November 16th) and we coordinate the rest. You will be placed in a location that you want to help out in. You will also be able to help out with as few or as many houses as your or your group wants to help with. This is a completely flexible position. It's just that easy, and the homeowners truly appreciate your help!



Volunteers are also needed beginning with the first snowfall until April 2014. Volunteers will be matched with a senior or adult with a disability in their community to remove snow from their driveway and sidewalk. Details can be coordinated directly with the person you serve. Enjoy the crisp winter weather as you provide this needed service to an individual that is no longer able to shovel snow due to age or physical condition.

INTERFAITH

SENIOR PROGRAMS

— Faith In Action —

Contact Jo Jones (262-522-2404 or joj@interfaithwaukesha.org)

ADRC of Waukesha County
Human Services Center
514 Riverview Avenue
Waukesha, WI 53188

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